







Exercise	During or immediately after*	Recovery*	Representative references
Brief (< 45 min)	CD4 no change CD8 no change	ND	Cannon et al. 1992
Intense	CD4 \uparrow 50% CD8 \uparrow 50-200%	CD4 \downarrow 10-25% 1-2h post CD8 \downarrow 50-65% 1-2h post	Espersen et al. 1989; Leickert et al. 1988; Nielsen et al. 1984a; Nielsen et al. 1984b
Intense interval	CD4 \uparrow 30% CD8 \uparrow 200%	CD4 \downarrow 25% 2 h post CD8 \downarrow 55% 2 h post; normal by 6 h post	Fry et al. 1987b; Gray et al. 1983b
Prolonged (1-3 h)	CD4 \uparrow 2-25% CD8 \uparrow 0-15%	CD4 and CD8 \downarrow 10-20% 1-2 h post	Shibata et al. 1992; Vosde et al. 1993
Intense	CD4 \uparrow 20-40% CD8 \uparrow 60%	CD4 \downarrow 20% 2 h post; CD8 \downarrow 20% 2 h post	Gabriel et al. 1992a; Kendall et al. 1991; Stank et al. 1993; Vosde et al. 1994
Very long (> 3 h)	CD4 \downarrow 40% CD8 \downarrow 40%	CD4 \downarrow 20% 3 h post CD8 \downarrow 20% 2 h post	Gabriel et al. 1994a

* = Percentage change compared with resting or preexercise values; \uparrow = increase;
 \downarrow = decrease; ND = no available data.

repetitive 1-minute treadmill sprinting to exhaustion (50% and 25% declines, respectively). Taken together, these data suggest that CD8 cell count is more labile in response to brief maximal exercise. That is, compared with CD4 cells, CD8 cell number increases more during and





